

CITY OF HUNTINGTON BEACH CERT NEWSLETTER

August/September 2012

SINCE 1991



HB CERT HIGHLIGHTS

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CLASS 1



President's Message

By Peter Petrelis

A big thank you to the US Open of Surfing CERT Fire Department volunteers: Roy Alzua, Richard Batistelli, Carol Burtis, Mike Depin, Judy Durante, Cynthia Goebel, Hanna Kilbourne, Ken Mailman, Robert McElhiney, Judy Ann Morris, Corinne Neal, Anthony Reyes, Mike Reyes, Magdalena Reyes, Raji Shunmugavel, Joanne Tabata, Linda Vircks, Steve Whitaker, Esther Whitton, Maxi Wood, Steve Yamashita, Noreen Yoshida-Peer. Special thanks to Mike Reyes DSW Manager for organizing and leading CERT participation. CERT volunteers staffed the Med-Tent dispensing first-aid during the event which started Saturday, July 28th at 7:30am daily through Sunday, August 5th at 5:00pm.

Fifty-five students attended the July 21 SALS class (Drill Your Skills) and learned how to do a safety size-up, lift 1000+ pounds using simple leverage techniques, shore up an unsafe structure, properly search for trapped victims and safely move the injured. They learned fire safety and prevention, how to use a fire extinguisher to put out a live fire, shut off utilities and secure items that may cause injuries in an earthquake. Students then spent the afternoon participating in a disaster drill that tested their newly acquired skills. Completion certificates for the Basic CERT class were awarded. Congratulations to the graduates!

The CERT Executive Board met with Brevyn Mettler August 23rd to discuss the new format for 2013 basic CERT classes. The basic 20 hour CERT training (formerly held on four Saturdays) will now begin in April on four consecutive Wednesday evenings followed by one all-day Saturday session. Due to budget constraints, there will be a fee of \$35 and the class size will be limited to forty students. The classes will be repeated in the fall of 2013. More details as well as a 2013 CERT calendar of events will be posted when approved and available.

Recent earthquake activity in the Brawley area should increase your preparedness awareness. The California Emergency Management Agency reported that a swarm of over 100 earthquakes hit the Brawley area of Imperial County on Sunday, August 26th and into Monday morning. A magnitude 5.5 hit Sunday at 12:31pm. Please review your preparedness and bring neighbors and friends to the Disaster Preparedness EXPO September 15th. (See flyer on page 6)

Current 2012 Requirements for CERT Member Certifications:

Certificate of CERT class completion -- Basic three SALS classes (Disaster Living Class is not required, but desirable)

Fire Department Volunteer -- Certificate of CERT class completion, HB Police Department Live Scan (\$35 cost to you), complete ICS 100 and ICS 200 on-line and a first aid class

CMAP -- Certificate of CERT class completion, Fire Department Volunteer requirements and American Red Cross Shelter Manager Class



Announcements:

Senior Saturday, September 8: CERT Logistics and Booth Teams will again be supporting the Senior Center at Pier Plaza. If you wish to help, contact Ron Roth, acting Logistics Team leader or Roy Alzua, Booth Team leader.

Disaster Preparedness EXPO: The EXPO at the Huntington Beach library is scheduled for September 15, 2012. Please plan to attend and bring neighbors and friends to this event. It is very important that we increase awareness in disaster preparedness. In 2011, over one thousand attended. Do not wear your CERT uniform unless you are signed up to help. If you'd like to help, please contact me at pgpworks@verizon.net or 714-842-6136. We still need a few more volunteers.

Technician Radio License Class: RACES will again be teaching and preparing students to take the Federal Communication Commission (FCC) Technician License Examination. The class is scheduled for the weekend of October 12th (evening), Saturday October 13th (all day), and Sunday October 14th (until 1pm.) The license examination will be on the evening of October 18th. This three-day weekend class schedule worked successfully last year. This training is open to all CERT members and to the 2012 graduates of the basic four classes. As CERT Communication Team leader, I am coordinating sign-up, collection of funds and distribution of the class book. If interested, contact me at pgpworks@verizon.net.

West Nile Virus Outbreak Largest Ever in US

From Cable News Network (CNN), August 23, 2012

The recent West Nile virus outbreak is the largest ever seen in the United States, according to new numbers from the Centers for Disease Control (CDC) and Prevention.

The number of cases so far this year is the highest recorded through August since the disease was first detected in the United States in 1999. As of Tuesday, 38 states had reported human infections.

The cases reported to the CDC as of Tuesday total 1,118, including 41 deaths. Arkansas, Michigan and Mississippi have each reported an additional death.

"The peak of West Nile virus epidemics usually occurs in mid-August, but it takes a couple of weeks for people to get sick, go to the doctor and get reported," said Dr. Lyle Petersen, the director of the CDC's Vector-Borne Infectious Disease Division. "Thus we expect many more cases to occur."

[Fast facts on West Nile virus](#)

Petersen said that the reason for the high number of cases this year is unclear, but that unusually warm weather could have fostered favorable conditions for the disease's transfer to humans.

About 75% of the cases are in Texas, Mississippi, Louisiana, South Dakota and Oklahoma. Texas has been at the epicenter of the outbreak, with 586 confirmed cases and 21 deaths, according to the Texas Department of State Health Service.

Here are five things you need to know about West Nile virus:

1. Most mosquitoes do not carry West Nile.

In areas where mosquitoes carry the virus, only about one in 500 mosquitoes is infected, according to the [Connecticut Mosquito Management Program](#).

2. Most people bit by West Nile mosquitoes do not get sick.

About 80% of people bit by a mosquito infected with the West Nile virus do not get sick, according to the [CDC](#). About 20% will have relatively mild symptoms, such as fever, headache and vomiting. Symptoms can last for as short as a few days or as long as a few weeks. About one in 150 people infected with West Nile will develop a severe illness, which can include paralysis, coma or death.

3. You can help prevent West Nile with the "four Ds."

Use mosquito repellent with **DEET**

DRESS in long pants and long sleeves

Be especially careful at **DUSK/DAWN**

DRAIN any standing water, such as kiddie pools or bird fountains, where mosquitoes like to breed.

4. People over 50 are most vulnerable.

Those older than 50 are the most likely to become severely ill with West Nile and should take special care to avoid mosquitoes, according to the CDC.

5. Seek medical care immediately if you have severe headaches or confusion.

If you develop symptoms of severe West Nile virus illness, such as unusually severe headaches or confusion, seek medical attention immediately, according to the CDC. Severe illness usually requires hospitalization. Milder cases improve on their own and do not necessarily require medical attention.



Not all Disasters are Earthquakes

By Cynthia Goebel

We all know the necessity of having our important documents together in instances where we must evacuate our home quickly. Copies of these same documents should be secured within the home (i.e. in the freezer) and/or stored with a family member or trusted neighbor.

Important documents include financial records, insurance policies, health records for all family members, home and auto papers and advanced health care directives.

California has a statutory "Advance Health Care Directive Form" (CA Probate Section:4701) available online or from health care organizations. This form allows one to give instructions about your own health care when you are no longer able to do so yourself. You give a power of attorney to an individual to make decisions for you, specify what you do or do not want as end-of-life issues arise, designate a primary physician and add in other choices.

In addition to the legal document, you may want to talk with loved ones about your wishes for comfort care, spirituality, forgiveness and final wishes. The document, "The Five Wishes," has suggestions on how and when to talk with your loved ones about your choices as well as how to put them in a format which will ensure your wishes will be carried out. "The Five Wishes" is online at

<https://fivewishesonline.agingwithdignity.org/>

It is important to review all the documents listed above regularly to keep them current. Recent changes in all documents need to be recorded and communicated to loved ones.

Beach Water Safety

The following information on rip currents is shared by the United States Lifeguard Association (USLA). Rip currents account for 80% of rescues performed by beach lifeguards. <http://www.usla.org>

Previous CERT Newsletters have presented information on water safety to residents pertaining to their home. In Huntington Beach water safety is not only important in the resident's home, but also when visiting the beach.

Safety Tips - USLA's Top Ten

- Learn to swim
- Swim near a lifeguard
- Never swim alone
- Don't fight the current
- Swim sober
- Leash your board
- Don't float where you can't swim
- Life jackets = boating safety
- Don't dive headfirst

- At home, you're the lifeguard

How to Identify Rip Currents

Look for any of these clues:

- A channel of churning, choppy water
- An area having a notable difference in water color
- A line of foam, seaweed, or debris moving steadily seaward
- A break in the incoming wave pattern

None, one, or more of the above clues may indicate the presence of rip currents. Rip currents are often not readily or easily identifiable to the average beachgoer. For your safety, be aware of this major surf zone hazard. Polarized sunglasses make it easier to see the rip current clues provided above.

Learn how to swim!

- Never swim alone.
- Whenever possible, swim at a lifeguard protected beach
- Obey all instructions and orders from lifeguards.
- Be cautious at all times, especially when swimming at unguarded beaches. If in doubt, don't go out!
- If caught in a rip current, remain calm to conserve energy and think clearly.
- Don't fight the current. Swim out of the current in a direction following the shoreline. When out of the current, swim towards shore.
- If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.
- If you are still unable to reach shore, draw attention to yourself: face the shore, wave your arms, and yell for help.

If you see someone in trouble, get help from a lifeguard. If a lifeguard is not available, have someone call 9-1-1. Throw the rip current victim something that floats and yell instructions on how to escape. **Remember, many people drown while trying to save someone else from a rip current.**



Photo courtesy of the U.S. Army Corps of Engineers
Field Research Facility at Duck, NC.

PHOTOS FROM THE JULY 21 DRILL YOUR SKILLS CLASS



ABOVE: HAND-ON CRIBBING,



BELOW: HANDS-ON USE OF FIRE EXTINGUISHER



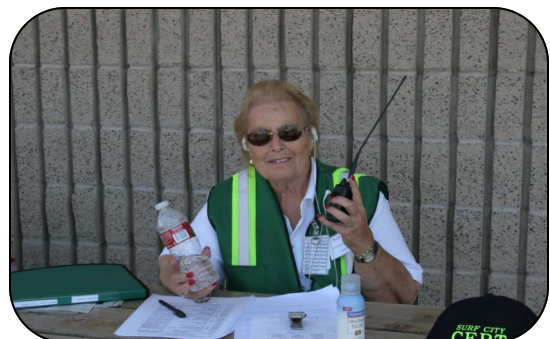
FIRST-AID



DEMONSTRATING ONE-MAN CARRY



COOKING TEAM
READY TO
SERVE LUNCH
PIZZA



BUSY COLOR TEAM & NET CONTROLLER

Kudos from the Trenches – US Open

By Cynthia Goebel

Speaking as one in the (First Aid) trenches at the US Open, I want to say **“Thank You”** to Brevyn, Mike Reyes and all the team leaders for making the Open a successful venture for CERT volunteers:

Brevyn – arranging for and teaching First Aid/CPR/AED class to reinforce our skills

Mike – endless hours of revisions of scheduling updates to staff the needed hours

Team Leaders – set up/breakdown, guidance and encouragement as we plucked slivers of wood, staunched bleeding, cleaned scrapes and bandaged toes, heels, arms of those who showed up at the first aid tent (and couldn't get back out on the sand fast enough!)

Thank you for preparing CERT volunteers for action “in the trenches.” We welcomed the opportunity to use our training and skills.



City of Huntington Beach

Disaster Preparedness Expo 2012

September 15, 2012 | Central Library | 10AM to 2PM



Learn from experts at the third annual Huntington Beach Disaster Preparedness Expo

- Free admission
- Fun and Exciting Demonstrations
- Disaster Volunteer Organizations
- Disaster Preparedness Vendors
- Fire Extinguisher Training
- City Response Equipment Exhibits
- Fun for the Kids

Central Library
7111 Talbert Ave
Huntington Beach, CA 92648



Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:

- Saturday, September 15th - 10 AM to 1 PM
- Wednesday, September 26th - 6 PM to 9 PM
- Saturday, October 13th - 10 AM to 1 PM
- Wednesday, October 24th - 6 PM to 9 PM
- Saturday, November 10th - 10 AM to 1 PM
- Wednesday, November 28th - 6 PM to 9 PM

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

Upcoming Events

- September 6, 2012: CERT Management meeting 6:00pm in the EOC
- September 8, 2012: CERT support of Senior Saturday at the Huntington Beach Pier Plaza
- September 15: Disaster Preparedness EXPO at the Huntington Beach Library
- October 4, 2012: CERT Management meeting 6:00pm in the EOC



CERT Database

Fire Department Volunteers (CERT members) have the opportunity to be added to the new CERT database by contacting Peter Petrelis at gpgworks@verizon.net to update their information.

HB CERT Newsletter Staff

Proof Reading / Editing Team:

Anna Pinter	Judy Ann Morris	Peter Petrelis	Virginia Petrelis
Art Weiland	Carol Nehls	Cynthia Goebel	

Attention! If you want something placed in the Upcoming Events, e-mail Judy Ann at jamorris189@yahoo.com

Disaster Preparedness Speakers Available

It is time to schedule a Disaster Preparedness Presentation for your neighborhood, business, school, civic organization or church. This is a perfect way to introduce our "Save-A-Life" Saturday Classes to the residents of Huntington

Five Simple Steps:

- Find a place to host an hour-long presentation given by a trained HBFD CERT Volunteer Speaker.
- Choose a convenient date and time for your group.
- Call the CERT Message Line (714-536-5974) or log on the CERT website at www.huntingtonbeachca.gov/cert (click on left column "schedule disaster presentation"). Please give us at least three weeks notice and we will do our best to accommodate your group.
- CERT will provide a flyer to distribute to your neighborhood or group.
- Host to provide simple refreshments to be enjoyed at the end of the meeting. Our CERT Speaker will provide all printed material and even bring a door prize for your guests.

IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert **CERT Contact:** CERT@surfcity-hb.org
CERT Message line 714-536-5974, (THIS IS A MESSAGE LINE ONLY!)